



## Caraway Scones

READY IN



45 min.

SERVINGS



12

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon caraway seeds
- 1 large eggs lightly beaten
- 2 cups flour all-purpose
- 0.7 cup milk 1% low-fat
- 3 tablespoons butter chilled cut into small pieces
- 0.5 teaspoon salt
- 1.5 tablespoons sugar

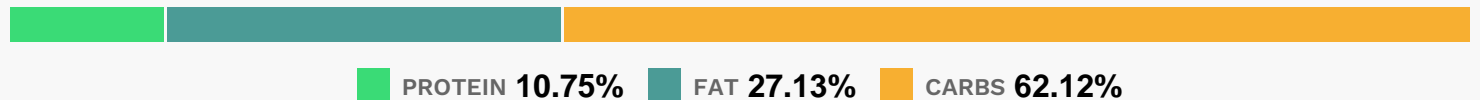
## Equipment

- baking sheet
- oven
- blender

## Directions

- Preheat oven to 40
- Combine the first 5 ingredients, and cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- Combine milk and egg; add to flour mixture, stirring just until moist (dough will be sticky).
- Turn dough out onto a lightly floured surface, and knead 4 or 5 times. Pat dough into an 8-inch circle on a baking sheet coated with cooking spray.
- Cut dough into 12 wedges, cutting into, but not through, dough.
- Bake scones at 400 for 15 minutes.
- Serve scones warm.

## Nutrition Facts



## Properties

Glycemic Index:19.76, Glycemic Load:12.72, Inflammation Score:-3, Nutrition Score:4.1600000393455%

## Nutrients (% of daily need)

Calories: 119.28kcal (5.96%), Fat: 3.57g (5.49%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 17.77g (6.46%), Sugar: 2.22g (2.47%), Cholesterol: 16.16mg (5.39%), Sodium: 212.06mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Selenium: 8.65µg (12.35%), Vitamin B1: 0.17mg (11.58%), Folate: 40.4µg (10.1%), Vitamin B2: 0.14mg (8.38%), Manganese: 0.15mg (7.31%), Iron: 1.14mg (6.34%), Calcium: 63.42mg (6.34%), Vitamin B3: 1.25mg (6.27%), Phosphorus: 60.61mg (6.06%), Vitamin A: 174IU (3.48%), Fiber: 0.63g (2.51%), Vitamin B5: 0.21mg (2.05%), Vitamin B12: 0.12µg (2.01%), Magnesium: 7.37mg (1.84%), Zinc: 0.27mg (1.77%), Copper: 0.03mg (1.74%), Vitamin D: 0.23µg (1.52%), Potassium: 52.79mg (1.51%), Vitamin B6: 0.03mg (1.25%), Vitamin E: 0.17mg (1.14%)